



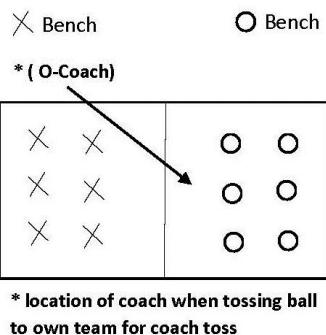
## Lincoln County Youth Volleyball Rules

The objective and goals of our youth volleyball program is designed to give all participants, through participation in practices and games, the opportunity to learn and improve the fundamentals of the game of volleyball as well as increase and improve socialization opportunities among players.

- 1) Games will be played in a Round Robin format on Saturdays throughout the county. Each day of games will be held at one location. The League will follow OSAA rules of volleyball with the following exceptions.
- 2) Playing time should be evenly distributed amongst all players. However, players may be held out of the game for disciplinary reasons, such as bad language or missing practice. Players may not be kept out of the game for poor performance (*for example, missing serves is not reason to keep them out of the game*).
- 3) Games play for:

a) **3<sup>rd</sup>-4<sup>th</sup> Grade:**

- Court Size: Youth will play on a 20'x30' court. Courts and serving lines will need to be lined off with floor tape or painters tape prior to games.
- Net Height: Must be lowered to its lowest height.
- Scoring: There will be no scoring for this division. Teams will play with a 20-minute running clock.
- Serving Line: Players will serve from a marked line 15' from the net.
- Serving:



- Week 1+2, the defensive coach will toss the ball to their own team. The coach will move to the opposite side of the net to put the ball into play (see diagram).
- Week 3+4, serving players will have the opportunity to serve one time. Once the player serves, it will become a coach toss like Weeks 1+2 (see diagram).
- Week 5, serving players will have the opportunity to serve twice. There will be no coach toss in Week 5.
- During the first serve, if the ball goes over the net but lands out of bounds that will be a side out to the other team. If the ball goes into the net or doesn't clear the net, proceed to the coach toss or second serve depending on which game week is being played.

- After a server scores 5 points in a row, there will be a side out to the defensive team. The defensive team will then serve. This is to encourage skill development and ball play for all players.
- Foot Faults: Referees will only issue a warning for foot faults. No turnovers will be issued.
- Game Ball: Mikasa MVA123SL (blue & yellow) volleyballs

b) **5<sup>th</sup>-6<sup>th</sup> Grade:**

- Court Size: Youth will play on a 30' x 30' court.
- Net Height: The net height must be set to 7' tall.
- Scoring: Each match will be played to 25 points. Teams must win by 2 points. This rule is in effect until a score of 30 is reached or if 20-minutes is reached. When the score of 30 is reached, the game is over and the team with 30 points is deemed the winner.
- Serving Line: Players will serve from a marked line 25' from the net.

- Serving: Players will only get one chance to serve each time up. The serve can be overhand or underhand. If the serve doesn't go over the net, there will not be a second serve and it is the end of serve for that team.
  - No player will be able to score more than 5 points in a row. After 5 points, the server must rotate. The team will still retain the serve. If a team scores 10 points in a row, a side out will be given to the defensive team with no point being awarded. This is to encourage skill development and ball play for all players.
  - Foot Faults: Referees will issue a warning on first violation and then award the turnover on the second violation.
  - Game Ball: Tachikara Volley-Lite volleyballs
- 4) Timeouts: A team gets 1 timeout per game that shall not exceed 30 seconds.
  - 5) Even though we are not tightly enforcing subbing regulations, substitutions should be made inside the 10' line. Players must wait until the referee calls them in. This will help them get ready for the next level.
  - 6) Players may not touch the net while the ball is in play. Touching an opponent under the net is not allowed. Referees will issue a warning on first violation and then awarded the turnover on the second violation.
  - 7) Jewelry is not allowed in all youth league games and practices. Jewelry should be removed before all games and practices. Earrings can be covered with tape.
  - 8) Each team is responsible to provide a line judge for each match. Coaches should designate who this person is prior to game day. Games will not start until proper line judges are in place.
  - 9) Teams play with 6 players on the court. Teams must have a minimum of 4 players in order to play.
  - 10) Before & after each game, teams will meet at the net. All players will go through the line and shake hands with the other team.
  - 11) Sportsmanship: Good sportsmanship is required. It is expected that all coaches, players, and spectators will conform to sportsmanlike behavior at all times. Poor sportsmanship will not be tolerated and will result in immediate ejection from the game and premises.
  - 12) In accordance with Senate Bill 721 ("Jenna's Law"), new concussion training and procedural guidelines are now in effect for Oregon's recreational coaches, managers, and referees, players under the age of 18 and their parents or legal guardians. These concussion requirements must be observed.
    - If a concussion is suspected, the participant will immediately be removed from the game and will not be able to return to the game, or to the subsequent practices until they are cleared from a medical professional. Once the League or Area coordinator is shown medical clearance, only then may a participant return to play.
    - Area coordinators must make aware to all coaches, managers, referees, players and parents:
      - What a concussion is, the signs and symptoms of a concussion, how to identify a concussion, the proper procedures if a child is thought to have a concussion, and the proper steps to introducing a concussed player back into play
    - Use the below resources for additional concussion training materials, videos and handouts:
      - National Federation of State High School Associations - <https://nfhslearn.com/courses/61037>
      - Center for Disease Control's Heads Up Program - <http://www.cdc.gov/headsup/>

## **2016 RULE CHANGES:**

### **1. Game play for 3<sup>rd</sup>-4<sup>th</sup> Grade:**

- Scoring: There will be no scoring for this division. Teams will play with a 20-minute running clock.
- Serving Line: Players will serve from a marked line 15' from the net.
- Serving:
  - Week 1+2, the defensive coach will toss the ball to their own team. The coach will move to the opposite side of the net to put the ball into play (see diagram).
  - Week 3+4, serving players will have the opportunity to serve one time. Once the player serves, it will become a coach toss like Weeks 1+2.
  - Week 5, serving players will have the opportunity to serve twice. There will be no coach toss in Week 5.
  - During the first serve, if the ball goes over the net but lands out of bounds that will be a side out to the other team. If the ball goes into the net or doesn't clear the net, proceed to the coach toss or second serve depending on which game week is being played.
- After a server scores 5 points in a row, there will be a side out to the defensive team. The defensive team will then serve. This is to encourage skill development and ball play for all players.
- Foot Faults: Referees will only issue a warning for foot faults. No turnovers will be issued.

### **2. Game play for 5<sup>th</sup>-6<sup>th</sup> Grade:**

- Scoring: Each match will be played to 25 points. Teams must win by 2 points. This rule is in effect until a score of 30 is reached or if 20-minutes is reached. When the score of 30 is reached, the game is over and the team with 30 points is deemed the winner.
- Serving Line: Players will serve from a marked line 25' from the net.
- Serving: Players will only get one chance to serve each time up. The serve can be overhand or underhand. If the serve doesn't go over the net, there will not be a second serve and it is the end of serve for that team.
- No player will be able to score more than 5 points in a row. After 5 points, the server must rotate. The team will still retain the serve. If a team scores 10 points in a row, a side out will be given to the defensive team with no point being awarded. This is to encourage skill development and ball play for all players.
- Foot Faults: Referees will issue a warning on first violation and then award the turnover on the second violation.

### **3. Timeouts: A team gets 1 timeout per game that shall not exceed 30 seconds.**

### **4. Players may not touch the net while the ball is in play. Touching an opponent under the net is not allowed.**

Referees will issue a warning on first violation and then awarded the turnover on the second violation.

### **5. Before & after each game, teams will meet at the net. All players will go through the line and shake hands with the other team.**

### **6. Sportsmanship: Good sportsmanship is required. It is expected that all coaches, players, and spectators will conform to sportsmanlike behavior at all times. Poor sportsmanship will not be tolerated and will result in immediate ejection from the game and premises.**